



# *Brookfield Senior Center*

*"... a place where things are happening!!"*

## **January 2016**

**Monday through Friday 8:00am – 4:00pm**

**Telephone: 203-775-5308**

[http://www.brookfieldct.gov/Pages/BrookfieldCT\\_Senior/index](http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index)



*Inclement Weather Policy: If Brookfield Schools are closed due to weather Brookfield Senior Center is closed for regular programming. If there is a 2 hour delay, we are open on time; however 9:30am exercise classes are cancelled. In case of unusual closings or if you have any questions, please contact the Center (203-775-5308)*

### ***Risotto Fun with Judy Prager Tuesday, January 12 at 10:45am***

Join our favorite chef Judy Prager as she introduces us to Risotto. Judy will be showcasing healthy AND delicious risotto recipes. We learn something about healthy and delicious eating every time Judy is here, and there are always samples to taste. Please sign up in advance so we know how many to prepare for. *Seating is limited!*



### ***Medicare Fraud Presentation Wednesday, January 20 at 2:00pm***



Mareidith Spector, Senior Medicare Patrol volunteer will be with us to share a presentation on Medicare Fraud. There will be a time for questions and answers as well. *Please sign up.*

### ***Lunch and Learn – Exploring TED Talks Friday, January 15 at 12:00noon***



Join Dawn DeCosta of Tech Savvy as she presents: *Exploring TED Talks: On-Line Learning For Free*. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world. Come hear more about this fascinating way to learn from global leaders in their fields. We will discuss the history of this organization, how you can access these talks on various devices (computer and mobile) and listen to one of the most popular talks. *Join us for this fun and interactive Lunch and Learn! Please sign up.*



## *Improve Your Mind & Body*



**Zumba Gold with Miriam is on Mondays at 9:30am.** This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

**Yoga with Mimi on Mondays and Wednesdays from 2:30pm – 3:45pm.** Join us for a gentle Vinyasa flow class. This is a playful yoga class that will focus on proper alignment, movement modifications (if needed) and your breathing.

**Strength/Balance with Claudia is on Mondays at 1:00pm.** Join Claudia and friends for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

**Low Impact Aerobics with Dee is on Tuesdays at 9:30am.** You will love Dee's enthusiasm and music.



**Tai Chi with Susan is on Wednesdays at 9:30am.** Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

***NEW TIME:* Chair Yoga is on Tuesdays at 1:00pm beginning January 19.** It's a great class for those who have hip or knee limitations. Please note the day and time change.

**Functional Strength and Balance with Cassie on Wednesdays at 1:00pm.** We will bring our walking, balance and functional mobility program with Cassie inside for the winter. Join this great program and start moving again!



**Low Impact Aerobics is on Thursdays at 9:30am with Claudia.** Great for all levels.



**Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am.** This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

**Zumba with Coleen is on Saturday mornings at 9:30am.** It's the perfect way to start your weekend!

*Please consult your personal physician before beginning any new exercise class.*

**Don't forget to bring your water bottle to class.**

## *Ongoing Classes/activities:*

**Wood Carving Group** meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

**Quilting Group** meets Tuesday mornings at 10:00am.

**Wii Bowling** is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

**Knitting group** meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

**Painting and Drawing with Adele** meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

**Sharps & Flats band and singing group** meets Thursdays at 10:30am. Join this fun group of musicians and singers. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm.

## *Brookfield CARES Hope and Support Group*

Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance use or abuse or other at-risk behaviors and is facilitated by an experienced Drug and Alcohol Abuse Counselor.

# Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804



Check us out on Facebook

## Movie Matinees

**Friday, January 8 at 1:00pm:** *Some Kind of Beautiful*. Poetry professor Richard Haig weaves a tangled web out of his romantic life, which includes an affair with a graduate student whom he's impregnated. But when he falls in love with her stepsister, Haig begins to reassess his profligate life. (Cast: Pierce Brosnan, Salma Hayek, Jessica Alba).

**Friday, January 29 at 1:00pm.** *The Man from U.N.C.L.E.* With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series. (Cast: Henry Cavill, Armie Hammer, Hugh Grant)

## Thank You!

We want to say a very big THANK YOU to all the Boutique Committee and all of the volunteers who made our Holiday Boutique a success. The Boutique Committee has amazing dedication and has been planning and thinking about this Boutique for more than six months. Once again, our wonderful volunteers donated, baked, knitted, quilted, gathered jewelry, created arrangements, cooked lunch, set up, cleaned up, decorated, and so much more. Thank you to Sharps & Flats who provided the joyous music for the day. Thank you to those of you who shopped and supported our efforts. None of this would be possible without all your efforts.

**Thank you!**





## *Escape With Us!*

***Celtic Crossings at Foxwoods: Tuesday, March 15, 2016:*** Join us for a memorable afternoon of Irish entertainment, time at Foxwoods and the Foxwoods Resort Casino Bonus Package. Cost is \$88pp.

***BRANSON 2016! April 9-17.*** Join us for our 2016 Branson Show Extravaganza! Nine days and 8 nights of fun. We will see 6 fabulous Branson shows including The Celtic Ladies, Dublin's Irish Tenors, Dolly Parton's Dixie Stampede and the Showboat Branson Belle as well as a visit to the Branson Wax Museum. Sign up soon as the bus is filling up fast!

***Lunch at CIA and kitchen Tour: Wednesday April 20:*** Save the date; details to follow.

***Fourth Annual Mystery trip: Tuesday, May 24:*** Join us for day of surprises, laughter and friends. This trip fills up fast, so make your reservations early!

***Essex Steam Train and Riverboat: Wednesday, June 29:*** Save the date ; details to follow.

***Texas Tenors: August 3, 2016:*** Back by popular demand at the Fox Theatre at Foxwoods. Your ticket includes Gold Seating and Foxwoods Bonus Package. Cost is \$89pp. ***In order to secure front row seats, we are already accepting reservations and payment.***

***Connecticut Lighthouse Cruise: Wednesday, August 24:*** Board the comfortable high-speed Sea Jet in New London and travel to see eight Lighthouses. Enjoy a late lunch-early dinner at The Steak Loft in Olde Mystick. Cost is \$97pp.

***September – we're heading to Broadway.*** Details to follow!

***Thomaston Opera – Dream Girls: Sunday, October 16.*** Save the date. Details to follow!

***Saturday Night Fever- The Musical at Westchester Broadway Theatre: Thursday, November 10.*** Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon. Cost is \$98pp.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

### ***Snowshoeing this winter?***

Let's enjoy the beauty of the season. Snowshoeing is a healthy aerobic activity for people of all ages. It's a low impact sport and the mechanics of it are very similar to walking or hiking. Equipment is inexpensive and we can go anywhere we find snow. Please leave your name at the front desk if you are interested in finding out more about our upcoming plans!

### ***Coloring at the Center***

Adult coloring books are fun, relieve stress and are beneficial. Join us at the Library at the Center for some coloring! The practice generates wellness, quietness and stimulates brain function.



### ***Alzheimer's Support Group***

***Wednesday, January 13 from 6:30pm – 8:00pm and Wednesday, January 27 from 1:00pm – 2:30pm***

Are you a caregiver, family member or friend of someone who is affected by Alzheimer's disease or Dementia? Brookfield has a support group for you! This ongoing educational/support group meets in a safe and caring environment twice a month. Please join us as often as you like!

WHEN: The second Wednesday of every month from 6:30pm – 8:00pm and/or  
the fourth Wednesday of every month from 1:00 – 2:30pm

WHERE: Brookfield Senior Center

*Group led by an Alzheimer's Association Facilitator*



## ***Mark your Calendar - Don't forget***

**Friends of Brookfield Senior Center meeting is Tuesday, January 12 at 1:00pm.** Meeting and festive snacks!

**Men's Breakfast** – Join us January 8 at 9:30am for our first 2016 Men's breakfast! Please sign up so that we know how many to expect.

**Bingo – Monday, January 4 at 10:30am.** Join us for laughter, fun and games!

**Farkle – Mondays at 1:00pm.** An afternoon of fun and laughter.

**Blood Pressure Screening (New Milford VNA) – Tuesday, January 26 at 11:30am.**

**Book Club - Monday, January 25 at 10:30am.** Books are available at the Center. This month we will be reading *Daisy Fay and the Miracle Man* by Fannie Flagg.

**Discussion Group** with Art Gottlieb will be discontinued for the winter months.

**Let's Talk is Wednesday mornings at 11:00am.** Join this friendly group that will introduce you to everything at Brookfield Senior Center.

**Ask an Attorney Round Table - Wednesday, January 20 at 9:30am.** Join Rudy Kuss of Kuss and Liguori for an informal round table discussion on topics of Elder Law. Space is limited so please sign up early.

**Housatonic Probate Judge Martin Landgrebe - Friday, January 29 at 9:30am.** This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. Please call to schedule an appointment.

## ***Fabulous Friday Bingo & Hot Dog Lunch*** ***Friday, January 22 at 12:00noon***



Join us for an exciting afternoon of Bingo and Hot Dogs.  
Lunch starts at 12:00 pm followed immediately by Bingo.

Cost is \$5.00 per person.

Sign up required by January 19.



## ***It's Almost that Time Again!***

Income Tax Preparation will begin Friday, February 5. We will begin taking appointments January 19. To make an appointment, call the center at 203-775-5308.



## ***Game Time!***

The winter months are a great time to stay inside and play games. Games help keep your mind agile and active. Join us for cards, games and mahjongg this winter and make some new friends! We have many regularly scheduled programs as well as some new options for you:

**Scrabble:** members are looking for new scrabble players. Time and date will be determined.  
*Please sign up at the front desk.*



**Canasta Lessons:** Tuesdays at 1:00pm. Beginning on Tuesday, January 19 we will again be offering a series of 6 Canasta lessons. *Please sign up at the front desk as space is limited.*

### **2016 Medicare Cost-Sharing**

- **The Medicare Part A deductible** per spell of illness (or benefit period) for hospital coverage is \$1,288 in 2016 (an increase of \$28 from the 2015).
- **Hospital copayment amounts (2016):**
  - Day 1- 60: \$0.
  - Day 61 – 90: \$322 per day
  - Day 91-150: \$644 per day.
- **Skilled Nursing Facility copayment amounts (2016)**
  - Day 1 -20: \$0
  - Day 21- 100: \$161.00
- **The Medicare Part A premium (2016):** The Medicare Part A premium (hospital coverage) in 2016 is \$411 per month. Most people do not pay a premium for Part A because they have at least 40 quarters of Medicare-covered employment. In 2016 beneficiaries who have between 30 and 39 quarters of Medicare-covered employment may buy into Part A at a reduced monthly premium rate of \$226.
- **The standard Medicare Part B monthly premium** for most people already receiving benefits will be \$104.90 in 2016. People beginning benefits in 2016 or those with annual incomes above \$85,000 single, \$170,000 married will pay \$121.80 for monthly Part B premiums.
- **The Medicare Part B deductible** is \$166. After your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services (including most doctor services while you're a hospital inpatient), outpatient therapy, and durable medical equipment.  
Depending on whether you have a Medigap Insurance policy, and which plan you have, some of the deductibles and copays listed may be covered.

The CT Medicare Savings Program (MSP) may pay the monthly Part B premiums and possibly copays and deductibles if your gross monthly income is less than \$2413.26 (\$3266.88 for a couple). Eligibility information is posted in the Senior Center.

#### ***FISH***

FISH provides transportation for medical appointments on weekdays between 9:00am – and 2:00pm.

Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to submit their request at least 2 days but no more than 7 days before the appointment.

#### ***SweetHART Telephone Numbers:***

Reservations: (203) 748-2511

Will call/pickups, cancellations, confirmations: (203) 830-4399

Comments/questions: (203) 744-4070





# SENIOR ACTIVITIES ~ JANUARY 2016



BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD  
(203) 775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>*Sign Up Required</p> <p>\$ Fee Required</p>		<p>Lunch is served Monday through Thursday 12:00 Noon</p> <p>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</p>		<p>1</p> <p><b>Closed Happy New Year!</b></p> 	<p>2/3</p> <p>9:30 Saturday Zumba\$</p>
<p>4</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga \$</p> <p>7:00 Brookfield CARES</p>	<p>5</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg</p>	<p>6</p> <p>9:00 SNAP Outreach 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 2:30 Yoga \$</p>	<p>7</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>8</p> <p>9:30 Men's Breakfast * 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 1:00 Movie Matinee: <i>Some Kind of Beautiful</i></p>	<p>9/10</p> <p>9:30 Saturday Zumba\$</p>
<p>11</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga \$</p> <p>7:00 Brookfield CARES</p>	<p>12</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 10:45 Risotto Fun with Judy Prager* 12:00 Lunch Program* 1:00 FOBSC Meeting <b>NOTE:</b>2:00 Bridge, Pinochle &amp; Mahjongg</p>	<p>13</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 2:30 Yoga \$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>14</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>15</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class \$ 12:00 Lunch and Learn with Tech Savvy Dawn: <i>Exploring TED Talks</i></p>	<p>16/17</p> <p>9:30 Saturday Zumba\$</p>
<p>18</p> <p><b>Closed for Martin Luther King, Jr Day</b></p> 	<p>19</p> <p>9:00 Mahjongg 9:30 LI Aerobics\$</p> <p>9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga \$ 1:00Canasta Lessons*</p>	<p>20</p> <p>9:30 Tai Chi 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 2:00 Medicare Fraud Presentation* 2:30 Yoga</p>	<p>21</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>22</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class \$ 12:00 Fabulous Friday: Hot Dog Bingo\$*</p>	<p>23/24</p> <p>9:30 Saturday Zumba\$</p>
<p>25</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 10:30 Book Club 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>26</p> <p>9:00 Mahjongg 9:30 LI Aerobics <i>cancelled</i> 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure NMVNA 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$ 1:00 Canasta Lessons*</p>	<p>27</p> <p>9:30 Tai Chi 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Alzheimers Support 1:00 Functional Strength &amp; Balance 2:30 Yoga</p>	<p>28</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>29</p> <p>9:30 Mahjongg 9:30 Ask Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$</p> <p>1:00 Movie Matinee: <i>The Man from U.N.C.L.E.</i></p>	<p>30/31</p> <p>9:30 Saturday Zumba\$</p>